

In the Claims:

Please add new claims 77-88 as follows:

- sub 77
77. (New) A fixture mounting structure, comprising:
a first subassembly mountable securely to a support;
a second subassembly attachable to the first subassembly; and
an attachment for the second subassembly to coact with one end of an elongate member to manipulate the second subassembly,
wherein the first subassembly and the second subassembly include a detent arrangement, and a first portion of the detent arrangement comprises a catch formed on an outer portion of a wall of one of the first and second subassemblies, and the second portion of the detent arrangement comprises a plurality of ridges on an inner portion of a wall of the other of the first and second subassemblies, and the plurality of ridges interface with the catch as the second subassembly is attached to the first subassembly.
78. (New) The structure of claim 77, wherein the catch is a groove .
79. (New) The structure of claim 77, wherein the catch is a ring.
80. (New) The structure of claim 77, wherein the attachment is selected from the group consisting of a socket and a protrusion.
81. (New) A method of releasably coupling a suspended subassembly to a relatively remote secured subassembly, comprising the steps of:
coupling a tool to the suspended subassembly to release a first holding mechanism;
applying a force to the tool to release a second holding mechanism; and
withdrawing the suspended subassembly.
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82. (New) The method of claim 81, wherein the step of withdrawing the suspended subassembly includes withdrawing the suspended subassembly from the secured subassembly.

83. (New) The method of claim 81, wherein the step of withdrawing the suspended subassembly includes lowering the suspended subassembly.

84. (New) the method of claim 81, wherein the step of coupling a tool to the suspended subassembly to release a first holding mechanism includes releasing the first holding mechanism that holds together the suspended subassembly and the secured subassembly.

85. (New) the method of claim 81, wherein the step of applying a force to the tool to release a second holding mechanism includes releasing the second holding mechanism that holds together the suspended subassembly and the secured subassembly.

86. (New) A method of releasably coupling a suspended subassembly to a relatively remote secured subassembly, comprising the steps of:

coupling a tool to the suspended subassembly to release a first holding mechanism;

using the tool to register the suspended subassembly to the secured subassembly, thereby engaging a second holding mechanism; and

uncoupling the tool from the suspended subassembly, thereby engaging the first holding mechanism.

87. (New) the method of claim 86, wherein the step of uncoupling the tool from the suspended subassembly, thereby engaging the first holding mechanism includes engaging the first holding mechanism that holds together the suspended subassembly and the secured subassembly.

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88. (New) the method of claim 86, wherein the step of using the tool to register the suspended subassembly to the secured subassembly, thereby engaging a second holding mechanism includes engaging the second holding mechanism that holds together the suspended subassembly and the secured subassembly.
